MARCH 2008

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COMPLIMENTARY

Sa'Heh'Wa'Mish Days The Insiders Story & Thank yous

Leslie Johnson, Tourism Department -The Squaxin Island Tribe Tourism Department thanks the Little Creek Casino Resort for an awesome weekend! Beginning with a completed setup on Thursday, February 14th, for the Coast Salish Gathering & Traditional Dinner on Friday to closing on Sunday, when Security came to watch over tear down, the staff at LCCR performed above & beyond the call of duty! Their willingness to help me when I called with a priority was fantastic.

I know that there was tremendous pressure put on staff because we had so many events going at the same time. And then, our crowd showed up, and everywhere was busy!

There is no way to tell LCCR's staff how much I appreciated their hard work & dedication!

I would also like to thank the Sa'Heh'Wa'Mish Days Committee for their hard work by meeting after 5:00 - after our regular jobs. We each came together with our own talents and ideas. As a result, we created something magical. Thank you!

Thanks, Jeremiah George, for the energy you created in getting our youth to the museum. From that day to the pow-wow, the kids started dancing and learning about their culture. Not only that, but we created a Royalty Committee, complete with busy hands making regalia, feet dancing in the Talking Circle... Laughter and music echoed off the museum walls. A true Home of Sacred

Belongings, including our kids. Jeremiah took pressure off of me when he started creating the Sa'Heh'Wa'Mish Days poster (graphics intensive). This freed hours of my time. He makes it look easy - but there's a ton of talent that goes with it.

Not to be left out, IT understood the pressures of getting the programs out (2 programs, the art auction & the powwow) along with the printing problems and complexities. When things stopped working, they came a runnin'.

One day, about a month before the Coast Salish Gathering, Julie Owens from Natural Resources called Ruthie to talk about getting the salmon and clams cooked for the traditional dinner. Julie made sure that the fry bread was cooked on the spot, right outside of the Skookum Creek Event Center. "We don't want cold fry bread or the unmelted honey butter!" And so it was, Julie got it done! (Andy you know it wouldn't get done without her!)

Liz Yeahquo has always kept us in line. I can hear her saying, "How much did they say that was worth?" - I kept forgetting to ask. She kept track of all of the incoming items, from artwork, to what was at the frame shop, to gift baskets and bags. She logged it all in. And then, she went to the museum the day of the auction to get it all to the LCCR Ballrooms. We promise, Liz, to have more help for you!

Charlene Krise provided me with the cultural flavors and vision for Sa'Heh'Wa'Mish Days. Some Tribal members were concerned that this was a pow-wow not a Salish event. And so the Inaugural All Tribes Day/Coast Salish Gathering was born. We started talking about the Water Sounds Art Auction

- which was looming and we weren't ready for it. "Why not add it to Sa'Heh'Wa'Mish Days?" As we began this journey, we realized that we wanted to honor our Salish artists too. Every year, they donate to Water Sounds. So Regeneration of Salish Art, a juried show, was created. Over \$5,000 in prizes were awarded.

Early on, the Sa'Heh'Wa'Mish Days Committee discussed an art class for young Salish artists. This too became an event - with prizes for the kids. Hands On Children's' Museum sponsored prizes for the younger kids – including free passes to the HOCM. Thanks go to Roger Fernandez, a

nationally recognized Salish artist, for teaching the class.

Mandy, (and Mandy's sister, Rachel) Tom and Colt McCullough put in many hours from distributing posters at pow-wows, helping with protocol and helping with the art show, art auction and pow-wow. When we needed name badge holders, all four spent hours creating enough for pow-wow staff, drummers and event staff – after work!

Obvious, but not last or least, both the Squaxin Island Tribal Council and the Squaxin Island Tourism Board are thanked for allowing me the ability to grow Sa'Heh'Wa'Mish Days to a dream come true!

Sa'Heh'Wa'Mish Committee: Sa'Heh'Wa'Mish Days was made possible by the hard work of many people. Thanks so much to the following people:

Cameron Goodwin, LCCR CEO

Charlene Krise, MLRC Executive Director including Art Show & Auction David Black, LCCR Hotel Sales

Janita Johnson, Pow-Wow Youth, including Royalty Committee

Jeremiah George, Emcee extraordinaire, youth programs & graphics design

Joan Koenig, Island Enterprises

Kathy Henry, Regalia, Royalty Committee

Leslie Johnson, Sa'Heh'Wa'Mish Days Coordinator

Lisa Ewing, Island Enterprises

Mandy McCullough, MLRC Curator & volunteer

Norma Eaglespeaker, Pow-wow staff

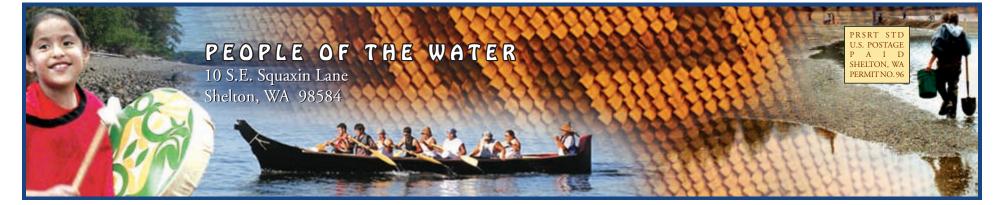
Ruth Whitener, Cultural Tour Coordinator MLRC/Tourism

Sadie Whitener, Pow-wow staff

Whitney Jones, Deputy Director, Squaxin Island Tribe

The Sa'Heh'Wa'Mish Days Committee has so many people to thank! I hope we don't forget anyone. The energy to create a successful Sa'Heh'Wa'Mish Days weekend was incredible!

Story continued on page 3. Photos on pages 6-10











S q u a x i n I s l a n d RIBAL NEWS 10 S.E. Squaxin Lane Shelton, WA 98584

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and

Submissions Deadline: 15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: Chairman ARNOLD COOPER: Vice Chairman VINCE HENRY: Secretary Russell Harper: Treasurer WILL PENN: First Council Member PETE KRUGER: Second Council Member CHARLENE KRISE: Third Council Member

Klah-Che-Min Staff: THERESA M. HENDERSON: Ext. #3945 thenderson@squaxin.nsn.us

SCTF Outlet at Frank's Landing Who Is It? Grand Opening Feb. 15th







Isaiah Coley (L) is the store manager. Congratulations!



Mose Kruger, 1940's Canadian Hall of Fame Saddle Bronc Rider, Calgary Canada

Mose Kruger (Pete's Dad) was known as one of the "Top Indian Cowboys in the World" during the 1940's, riding in the Omak Stampede, the Calgary Stampede and Madison Square Garden, among many others. He was also in the Pendleton Round-up Hall of Fame. "He was a tough cowboy," Pete said. "He was Bill Brown's hero. He broke his arms and his legs." Sadly, he broke his back at the Puyallup Fair in 1951 when Pete was a senior in high school. He had one final ride after that and then retired.





Community —



Sa'Heh'Wa'Mish Days Continued from Page 1

Volunteers and assistance:

Aleta Poste, Beth McBain-97.7 The Eagle, Carolyn Hoosier, Conrad Yeahquo, Dale & Jane Fishel, Dr. Pumphreys-SPSCC President, Jenn Ogno, Jennifer Ulrich-Skookum Creek Tobacco Company, Joanne Decicio, Julie Goodwin, Justin Cowling-Volunteer to the museum & pow-wow, Kelly Copp-Olympic College, Lizen Roseland-Volunteer to the museum & pow-wow, Lynn Olson-Squaxin Island Education Mentoring Coordinator, Mandy McCullough-Museum Curator & volunteer, Melissa Bob-The Evergreen State College Longhouse, Squaxin Island Tribe--Natural Resources Department, Ray Peters, Executive Director--Squaxin Island Tribe, Riley Moore and Ann Adams-Saint Martin's University, Ron Whitener-Auctioneer, SPSCC Anthro Club (Including Dr. Dale Croes), Tina Kuckkahn-The Evergreen State College, Todd Stringham-Signs by Tomorrow, Tom, & Colt Mc-Cullough (and Mandy's sister Rachel), Tyson Kruger, Skookum Creek Tobacco Company, and Whitney Jones-Deputy Director, Squaxin Island Tribe

And now, a word about our sponsors and donors:

While preparing for Sa'Heh'Wa'Mish Days, the news was out. Will we or won't we go through a recession? Will you or I lose our house? How about the price of gas these days?

There I was with my hand out, asking business owners for their support, when I knew well that many of them were hurting due to our economy. It was a hard thing to ask, let me tell you! Lynn Olson, Mentoring Coordinator and Super-Volunteer stepped forward and started calling (with Casandra Sharron stepping in for a day). It was tough work and yet she tirelessly called.

Look what happened! Many Mason County & Thurston County businesses may not have been able to write checks, but they still sent gift cards, baskets and gift items. And yes, we did manage to raise cash! **Thank you so much!**

Donations & Sponsorships

2nd Street Design Studio, ABC Printing, Absolute Chic Salon (Yvonne), Albertson's Grocery, Alderbrook Golf & Yacht Club, Andrew Morrison, Bank of America, Bobbie Bush, Borders Bookstore, Bruce Cook, Casey Krise, Centralia Fur & Hide, Charlene Krise, Color Graphics/Deer Creek Graphics, Conrad & Liz Yeahquo, Corey "Bear" O'Lague, Dale Clark, Darlene Krise, David & Kyle Johnston, Dennis Allen, Elizabeth Yeahquo, Garfinkel Publications, George "Sam" Sevier, Governor Hotel, Grahams' Hair works, Home Meats (Probst), James DeLa Cruz Jr., Jennifer Johns, Jerri Shrader, Joanne Decicio, Joe Seymour Jr., John Smith, KMAS Radio, Kamilche Trading Post, Karen and Ralph Munro, Key Bank (Gayle Weston), Kuteeyaa Dancers, Lakeside Industries, Leslie Johnson, Lois Thader, Lynn & Gary Olson, Mandy McCullough, Mariah Art, Mason Co. Historical Society, Medicine Dog Art & Drum, Mike Krise, Mike's Nice Mice, Mila, MLRC Squaxin, Native Peoples Magazine, Northwest Indian Fish Commission, Northwest Trek Park, Olympic Federal Savings & Loan, Olympic Lock & Key, Paula Henry, Perfect Reflections Auto Body, Pete Boome, Port Gamble S'Klallam Canoe Family, Precious Metal Smith (Joanna Thornton), Ralph Edgar, Randy Capoeman, Raven's Brew, Ray Peters, Robert Sotelo, Rodney, Roger Fernandez, Ruth Whitener, Sage Book Store, Saint Martin's University, Salish Seafoods, Shawn Peterson, Shelton Chiropractic Center, Signs by Tomorrow, Sitting Duck, Skookum Creek Outlet at the Landing, Skookum Creek Tobacco Company, SPIPA, Sportsman's Warehouse, Squaxin Island Enterprises, Squaxin MLRC, St. Peter's Foundation, Stillaguamish Tribe, Susan LeBow, Susan Point, Tayler Wily, The Evergreen State College Longhouse, The Medicine Shoppe, TJ's Hair Salon, Tumwater Costco, Two Dreamers, Valley View Blueberries, Venture Bank, Walter Dacon, Washington Indian Gaming Association, Wal-Mart Lacey, Wal-Mart/ Shelton, West Coast Bank, Westside Athletic Club, Wired Energy Drink,

Yukie Adams

Coffee Art Auction & Sponsor:

Mountain Mist

Pow-wow Water Sponsor:

Mountain Mist

Juice Sponsor:

Yakama Juice

Special mention goes to Marineview Distributing who allowed us to have a great auction by providing wine and beer at an affordable price.

Please note: Many people volunteered and donated gift items. If we missed anyone, please accept our apologies. Your contributions helped make this weekend great!

The story! I was asked to report on the full event. Guess what? I wasn't a participant at the pow-wow, art show, emerging young artists contest, or auction! Next month, others will give us their reports.



Squaxin to Host Significant Multi-State Event

Last month, a few of the great speakers coming to the 2008 Region 10 Tribal Leaders Summit, including Sherman Alexie and Charles Wilkinson, were announced as part of the summits agenda. Arrangements have also been made for the Skokomish salmon fossils to come to Kamilche, and summit attendees will also participate in cultural boat tours around the waters of Squaxin Island. You may ask yourself "Why are all these people and things happening in conjunction with the Tribal Leaders Summit". This is because the Tribal Leaders Summit offers an opportunity for our federal partners immersion in Indian culture.

The Region 10 EPA Tribal Leaders Summit has been an annual event for Tribal and EPA representatives of Alaska, Idaho, Oregon and Washington for approximately the past 11 years. Each year, one of these states, hosts the hundreds of guests that will come to join in on political, environmental and cultural activities and discussions. This year, its Washington's turn, and time for the South Puget Sound to leave a beautiful impression on visitors.





Photos from previous summits: Attendees participate in a stick game (left), and listen intently (right)

The theme of this year's summit is "Sustaining Tribal Cultures—tailoring programs to fit places." Charles Wilkinson will provide an introduction to Indian Trust Doctrine and lead a policy discussion on innovation in government-to-government relations. Wednesday afternoon will focus on climate change. Thursday, will include several technical sessions, including "Toxics in Traditional Foods", and "Children's Environmental Health".

The goal of the summit is to foster a better understanding between Tribal and EPA representatives and forge a future to achieve a better lifestyle and environment for all of us. The Squaxin Island Tribal community welcomes our visitors to Kamilche, and are honored to host such a significant event!

The summit will take place April 21st -24th, at the Little Creek Casino and area. To register, or for more information about the summit, visit http://www.squaxinisland.org/tls/index.html, or call Brenda Nipp at 360-754-7644.



Tu Ha'Buts Learning Center-



Computer Lab

Computer Lab is open and will be available Monday through Thursday from 3:30 to 6:00 p.m., and Friday from 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students are allowed to use the computers. The Computer Lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes, homework, research and reports, etc.

Tutoring

Private tutoring sessions will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Learning Center Hours

Kim Cooper	8:30 - 5:00	432-3904
Walt Archer	7:30 - 4:00	432-3826
Lisa Evans	8:30 - 5:00	432-3882
Mark Snyder	10:00 - 8:00	701-1561
Bill Kallappa	10:00 - 8:00	432-3992
Vanessa Algea	10:00 - 8:00	432-3876
Stephanie Weaver	3:00 - 8:00	432-3876
	M-Th	



Squaxin Youth Cultural, Educational and Activities Calendar
March 2008
Co-Sponsored by DASA
All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	Homework Help is avail- able Mon-Thur From 3:30-5:00!!	Any Questions Call: Mark Snyder 701-1561 Bill Kallappa 463-6361				1
2	3 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	4 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	5 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	6 B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack	7 No School!! Movies!! Leave 12pm Return 4pm	8
9	10 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	11 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	12 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	13 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	14 3pm Snack 4pm Movie/Wii 3pm Board games	15
16 M	17 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	18 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	19 Early Release-Shelton B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	20 Early Release-Shelton 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	21 Early Release-Shelton 3pm Board Games 3pm Movie/Wii	22 Easter Egg Hunt!! 10am Sharp Ages 1 to 12
Happy-	3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	25 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	26 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	27 B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack	28 3pm Snack 4pm Movie/Wii 3pm Board games	29
30	31 No School Spring Break!! Watch for flyer!					





OOH Upcoming Events

Free Tax Preparation Site

(Basic Returns)
Tu Ha'Buts Learning Center
February 5 - April 15, 2008
Tuesday and Thursday evenings
By appointment only
4:30 p.m. – 7:30 p.m.

One-on-One Credit Counseling

Administration Bldg. 2nd Floor March 4, 2008 By appointment only 4:30, 5:30, 6:30 p.m.

Gutter and Roof Maintenance

Administration Bldg. 1st Floor, Lunch Room March 18, 2008 5:00 p.m.

Building Native Communities Financial Skills for Families Administration Bldg. 2nd Floor April 15, 17 and 22 3:00 – 6:00 p.m.

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters@ 432-3871. The OOH asks that you call to reserves a seat if you plan to attend a workshop.



Are You Registered to Vote?

If not, ask at the front desk. We will help you get signed up.

WELCOME!!

The Office of Housing would like to welcome the following Tribal members and their families to the community:

Margaret Witcraft Michael Kruger Santana Sanchez Dorothy Nelson Elizabeth Campbell

ATTENTION

Housing Waiting List Applicants...

REMINDER: If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address please call Diane Stymacks, Occupancy Specialist, at (360) 432-3863. If you do not update your application by March 31, 2008, your name will be removed from the housing waiting list.

The following people need to provide us with their application update, if we do not receive your update by March 31, 2008, your name will be REMOVED from the housing waiting list!!!

Kurt Poste Kim James Che-Vonne Obi Debbie Obi Laken Bechtold Carmen Algea Marilyn McFadden

Thank You Probst Home Meat Service

For cooking the elk for the dinner on Friday before the powwow. It was the best elk roast I ever tasted!!!

- Vicki Kruger

New Employees



Mary Lou Van Brundt Senior Meal Program

Hi! I am Mary Lou Van Brundt of the Colville Tribe. I have lived on the Skok Reservation for 17 years. I am the mother of three daughters and grandmother and of eight! I like my job her at Squaxin. I am meeting a lot more people. Please come join us for lunch on Monday and Thursday or dinner on Wednesday.

Hospice Volunteer Training

Offered by Providence Sound Home Care & Hospice

30-hour training will be held in Thurston County. Volunteers will be placed in Mason County.

March 28, April 4, April 11, 2008 9:30 a.m. – 4:30 p.m.

April 2 and April 9 6:30 p.m. - 9:00 p.m.

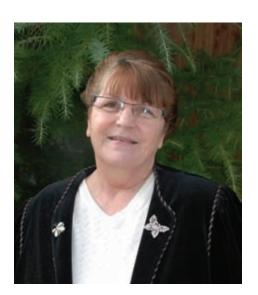
To register and receive an application, please contact Debe Edden, Volunteer Coordinator, 493-4689. Registration deadline is March 21.

Volunteers are the heart of hospice!!!



Debbie Boelk Senior Meal Cook

Hi! I'm Debbie Boelk. Please come enjoy our great food. I love to cook and enjoy visiting with everyone. See you there!



Paula Henry TANF Intake Specialist

Hi! Its me again! I'm down at SPIPA. I am really enjoying it so far and am looking forward to learning a lot. Come by and say hi. See ya!

- Me

p.s. I love you Matt and JC



Sa'Heh'Wa'Mish Days -

























Sa'Heh'Wa'Mish Days —























Sa'Heh'Wa'Mish Days —



























Sa'Heh'Wa'Mish Days —































Sa'Heh'Wa'Mish Days



Photos by Charlene Krise, Andrea Sigo, Patty Suskin and Olena Reyes

Congratulations Art Contest Winners

TRADITIONAL ARTWORK:

1st Place:Steve Sigo - carved mask2nd Place:Shaun Peterson - print

3rd Place: Jennifer Johns - Circle of Life print (hand painted with copper & gold)

Honorable Mention: James DeLaCruz, Jr. - hook nose Coho red cedar paddle

CONTEMPORARY ARTWORK:

Honorable Mention Corey "Bear" O'Lague

1st Place: Jerry Shrader - "Royalty" painting

2nd Place:Robert Sotello - "Trickster" original drawing3rd Place:Dale Clark - "Winter's Touch" carvingHonorable Mention:Corey "Bear" O'Lague - cedar & bear grass hat

BEST OF SHOW: Ruth & Andy Peterson - Tamanawis figure

Youth Salish Art Drawing Class Winners

From Friday evening just (before the Salish Coast Gathering) with Roger Fernandez:

1st Place: Kierra Lincoln-Sigo (won a gift basket with LOTs of candy & pop)

2nd Place: Trelace Sigo (won a drawing gift set with art drawing pad)

3rd Place: Bailey Barnett (won two art drawing pads)

BEST OF SHOW Ruth & Andy Peterson



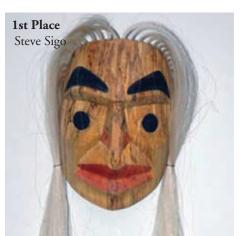




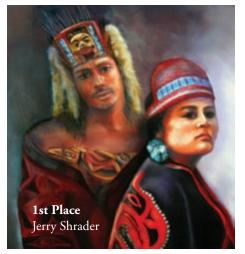
















CEDAR HAT MAKING CLASS ——

Photos by Charlene Krise



















Wool Weaving on a Loom With Heather Johnson-Jock

Heather is an accomplished Coast Salish artist from Jamestown S'Klallam Tribe. She is currently a standing member of the Jamestown Tribal Council and Chair of the tribe's Art Board. If you attended last years Basket Weaving Conference in Idaho, you'll remember her; she was the only one teaching how to weave wool scarfs on the loom.

Heather will be here with us at the Squaxin Island Museum, teaching us how to weave a wool scarf on a loom. She will also be selling her hand made looms and materials to those who are interested in taking this up as a hobby.

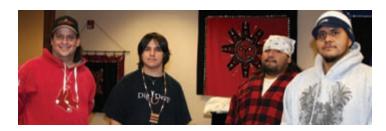
Space is limited!!!

Cost: \$45.00 per person (project materials)

Date: Saturday, March 29th **Time:** 9:00 am to 4:00 p.m.

Place: Squaxin Island Museum Classroom

Contact: Ruth @ 432-3841

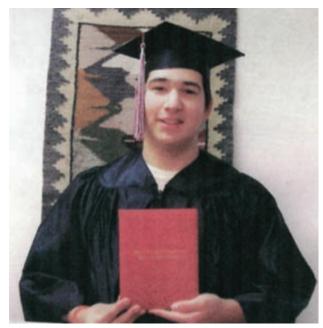


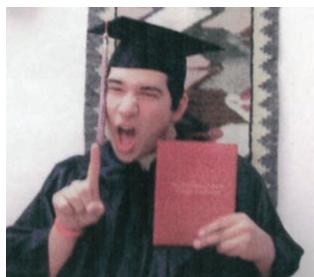


Community -



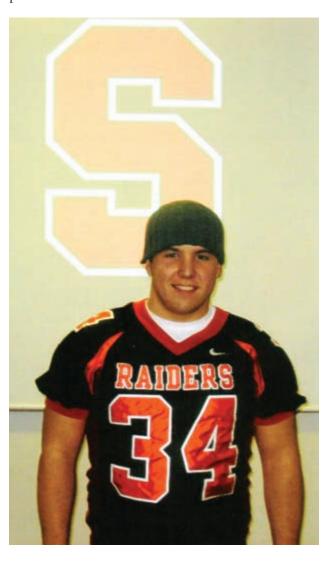
Congratulations Tyler Burrow





Congratulations Michael Peters

After looking at several schools, Capital Cougar Michael Peters signed a Letter of Intent to play football this fall at Southern Oregon University, Home of the Raiders. Michael visited PLU and Portland State during the fall. But after his official visit to Ashland, Oregon, he made it official. Michael is the son of Mike and Linda Peters....little brother of Joseph and Kristopher Peters.



March Klah-Che-Min Deadline March 10th for the April edition!

Thank You Bordeaux Families

On February 1st we had very icy roads and the Transportation Dept. had all the busses pull over to wait for the roads to thaw. As you may know, Suzy's bus slid into a car that was already in the ditch. What a morning! Anyway, I heard from every single family...either as a group or directly, with the whereabouts of each student!!!!!!!! It was wonderful to know that students were safe and on their way to school or staying home with their family.

- Bordeaux Elementary School

Congratulations Shiloh Henderson

For making the Dean's List at the University of Washington!!!

We are so proud of you!!! Love Dad & Jaimie

Tribal Council Resolutions

08-08: Enrolls Theresa Bridges and Alison Gottfriedson

<u>08-09:</u> Approves an increased rate for public utilities services

<u>08-10:</u> Approves the Organization Compliance Policy for Northwest Indian Treatment Center

<u>08-11:</u> Approves the Squaxin Island Utilities Ordinance

08-12: Enrolls Fawn Tadios

08-13: Enrolls Julie VanHorn

08-14: Enrolls Alexander and Alyana VanHorn

08-15 Enrolls Hope and Faith Pughe

08-16: Enrolls Judah Thale

08-17: Enrolls Donald Daniel III

Happy Birthday Margaret, With Love From Your Family!!!

















Committee Elections

Rose Brownfield - On February 7, 2008 the Elders honored Lila Jacobs, our outgoing President of 4-5 years, with a blanket and voted in our new President, Jeff Peters. Alene Whitener is our out-going Secretary (unable to attend) and Ray Tyler, (Colleen's spouse) came in as our new Secretary.

The others officers are: Carolyn Hoosier retained as Treasurer for another two years, Ron Dailey, Vice-President and Rose Brownfield, Member at Large.

Lila Jacobs



Rose Brownfield, Carolyn Hoosier, Ray Tyler, Jeff Peters and Ron Dailey



Elder's Activities

Rose Brownfield - Approximately 46 Elders enjoyed dinner at our casino buffet on January 17. Thank you!

On January 19, the Elders attended the annual luncheon at Daybreak Star at Seattle's Discovery Park hosted by University of Washington medical students, and open to all tribal nations in the US and Canada. We were brought up to date with current news in the medical community. There were raffle gifts and entertainment, this year by the Mashika Azteca dancers. Everyone got a mystery gift bag and there were various supplies free for children, such as books and toys etc. collected by the medical students during the year for the children.







COMMUNITY



Emma Valle	3/1	Happy Birthday	
Christy Block	3/2	117	
Raven Roush-Lizotte	3/2	Billy Yocash	3/10
Clayton Briggs	3/3	Krissa Brown Garcia	3/11
Arnold Cooper	3/3	Susan McFarlane	3/11
Vincent Henry, Jr.	3/3	Chenoa Peterson	3/11
Serena Mickelson	3/3	Alexandria Rivera	3/11
Chazmin Peters	3/3	Cindy Ehler	3/12
Daniel Snyder	3/3	Joshua Paul Penn	3/12
Angela Lopeman	3/4	Sara Naranjo-Johns	3/13
Adolfo McFarlane	3/4	Trevor Smooks Napoleon	3/13
Nicole Hilla	3/6	Justin Kenyon	3/14
David Josiah Seymour	3/7	Chantel Peterson	3/14
Andrienne Whitener	3/7	Andrew Whitener	3/14
Sheryl Byrd	3/8	Lois Woodard	3/14
Belinda Hoffman	3/8	Tashina Ackerman	3/15
Glen Parker	3/8	Brandon Blueback	3/15
Stella Yocash	3/8	Nikki Farron	3/15
Ida Cooper	3/9	Rebecca Lezon-Ferreira	3/16
Marjorie Penn-Wolfe	3/9	Sally Johns	3/16
Michaela Riker	3/9	Robert James, Jr.	3/17
Terrah Arstein	3/10	Anthony Johns	3/17
Adrian Garcia	3/10	Monte Morris	3/17
Walter Henry III	3/10	Kenneth Green	3/17
Joseph Rivera	3/10	Jamie Peters	3/17
		Rachele Rioux	3/17

What's Happening						
						1
						Good News Book Club 10:30
2	3	4	5	6	7	8
Squaxin Indian Bible Church 11:00 a.m.			Family Court		AA Meeting 7:30	Good News Book Club 10:30
9	10	11	12	13	14	15
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		Council Mtg.	AA Meeting 7:30	Good News Book Club 10:30
16	17	18	19	20	21	22
					Tribal Offices Closed	
Bible Church 11:00 a.m.					AA Meeting 7:30	Easter Egg Hunt
23/30	24/31	25	26	27	28	29
Happy Easter		Criminal/Civil Court		Council Mtg.		Good News Book Club 10:30

Thomas Blueback, Jr.	3/18
Victoria Dennis-Horn	3/18
Jolene Peters	3/18
Winter Snow White	3/18
Teresa Armstrong	3/19
Michael Bloomfield	3/19
Raymond Castro	3/19
Calvin Peters	3/19
Vicky York	3/19
Lachell Johns	3/20
Mykolas Parker	3/20
Doyle Foster	3/21
Tayla Logan	3/21
Charlene Krise	3/23
Nora Coxwell	3/23
Jessica Cleveland	3/23
Ronin Edwards	3/23
Angel Hall	3/23
Gilocio Orozco	3/23
Ruby Whitener Fuller	3/24
John Whitener	3/24
Taylor Wiley	3/24
Shelby West	3/25
Jerad Lopeman Fry	3/26
James Coxwell	3/27
Lucke Newell	3/27
Brittany McFarlane	3/28
Eric Ellerbe	3/30
Felicia Ellerbe	3/30
Benjamin Naranjo-Johns	3/30
Ronald Whitener	3/30
Stephen Henry	3/31
Christina Lopeman-Fry	3/31
Jennifer Shelton	3/31

Let's get moving and have fun doing it.

Everyone is Welcome! When: Wednesdays and Fridays 12:00 to 1:00 (lunch hour) Where: TLC Gym

Cost: \$2 Donation per lesson

For more information contact Janita Johnson Diabetes Prevention, CHR 432-3972



HEALTH & HUMAN SERVICES -



Nutrition . . . Did you know?

Compared to those who skip breakfast, people who eat breakfast:

- Are less likely to be overweight
- Are more likely to get the nutrients they need each day, like calcium, iron and more!
- Are able to concentrate and learn better at school.
- Have more energy

Breakfast really is an important meal of the day!

Choose foods from at least 3 food groups to eat a well balanced meal.

Creative breakfast examples:

- Whole wheat toast with peanut butter & sliced bananas (grain, protein & fruit groups)
- Turkey or egg salad sandwich with tomato & lettuce on whole wheat bread (protein, vegetable & grain groups)
- Leftovers from last night's dinner. Experiment with foods normally eaten at lunch and dinner for a switch! Breakfast is a great way to get a head start on your vegetable and fruit servings for the day!

Stop by the clinic to see the healthy eating poster & check out the take-home handouts with food pyramid information.

Nutrition Quiz

Can you guess these fruits?

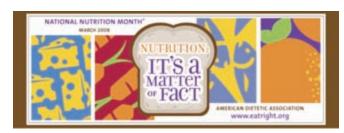
Fruit A:

- 1. It is small and round
- 2. It is about the size of a pea or marble
- 3. It grows on a bush in Washington
- 4. It is a convenience food, no peeling or pits
- 5. It is great in muffins or pancakes

Fruit B:

- 1. It is round
- 2. It is bright orange on the inside
- 3. It is light brown on the outside
- 4. You don't eat the skin
- 5. You scoop out the seeds in the middle

Stay tuned for a cooking and tasting demonstration toward the end March.



Nutrition Facts from the Expert

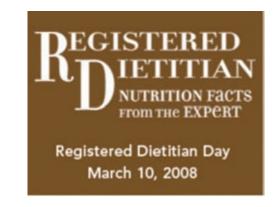
March is National Nutrition Month! March 10th is Registered Dietitian Day!

Did you know that healthier eating can help reduce the risk of some cancers, diabetes & heart disease?

Are you ready to take charge of your health? A registered dietitian is your best resource for nutrition guidance... and the Squaxin Island Tribe has their own registered dietitian... Patty Suskin!







Hi! I am Patty Suskin, Diabetes Coordinator with the Squaxin Island Tribe for the past 5 years. Many of you know me or you may have seen me walking on my breaks at work. I am a registered dietitian, which means I graduated from college with a nutrition degree, completed an internship & took an exam. I also received additional training & took an exam to become a certified diabetes educator. I meet with tribal members & help with nutrition ideas for lowering cholesterol, losing weight, preventing cancer, and of course, to prevent, postpone, or manage diabetes through eating and activity habits.

If you are Native American, you are eligible to meet with me to explore ways to be healthier. Many of us, including me, have diseases that run in our families, but we can make lifestyle changes (nutrition & activity) to reduce problems with heart disease, diabetes and cancer, etc. Yes, it is work to be healthier, but it is worth the effort to live a long, healthy life & to set an example to youth & others around you.

I do not hand out "diets". In fact, I do not even like to say the word "diet". Each appointment is individualized to your situation. **If you decide to meet with me, I will give suggestions, but YOU decide what you are willing to change.** Stop by my office in the Health Promotions Building across the parking lot from the clinic or make an appointment. Call me at (360)432-3929. If I am meeting with someone, or out of the office, please leave a message and I will return your call.

Trail Mix just takes a few minutes to mix up & is a great snack when you are busy on the go . . .

Create Your Own Trail Mix

Prepare ahead and place in single-serving containers for healthy snacks!

Choose the ingredients below that appeal to you or add your own:

Add about 1 cup or ½ cup of each.

- Cherios (regular or multigrain)
- Mini shredded wheat (plain or lots of flavor options) or quaker oat squares
- Small pretzels
- Dried fruit (raisins, craisins, mangos, blueberries, cherries, etc.)
- Nuts (peanuts, almonds, pecans, walnuts, soy nuts, hazelnuts, pistachios)
- Seeds (pumpkin, sunflower, etc.)

^{*} Answers on Page 16



HEALTH & HUMAN SERVICES





Thanks for letting us know..

A special thank you to the people who call ahead of time when you cannot make an appointment.

Please call us to cancel or reschedule your appointment, even if it is just a few minutes before the appointment (the sooner the better, of course).

Your call allows us to see others (often youth) on our waiting list who need to be seen. They will appreciate it too.

Our voice mail is available for your message 24/7 @ (360) 427-9006.

Nutrition Quiz Answers







Fruit B: Cantaloupe

Clinic Now Open **Monday Evenings**

Beginning March 24th, we will be open every Monday from 8:00 a.m. - 7:00 p.m.

Preventing Suicide Submitted by Counselor Heidi Chambers 432-3913

Symptoms and Danger Signs

- *Ideation* (thinking about suicide)
- Substance use or abuse (increased or change in substance)
- Purposelessness (no sense of purpose or belonging)
- Anger
- Trapped

(feeling like there is no way out)

Hopelessness (there is nothing to live for, no hope or

Withdrawal (from family, friends, work, school, activities, hobbies)

- Anxiety (restlessness, irritability)
- **Recklessness** (high risk behavior)
- *Mood disturbance* (dramatic change in mood)

Additional Warning Signs of Suicide

Talking about suicide

optimism)

- Statements about hopelessness, helplessness or worthlessness
- Preoccupation with death
- Suddenly happier, calmer
- Loss of interest in things one cares about
- Visiting or calling people one cares about
- Making arrangements; setting one's affairs in order
- Giving things away, such as prized possessions.

A suicidal person urgently needs to see a doctor or mental health professional.

If you have thoughts of suicide, these options are available to you:

- Dial: 911
- Dial: 1-800- 273-TALK (8255)
- Dial:1-800-627-2211 (Crisis Line)
- Check yourself into the emergency room.
- Tell someone who can help you find help
- Stay away from things that might hurt you.
- Most people can be treated with a combination of antidepressant medication and counseling.

Grief

Grief is as old as humankind, but is one of the most neglected of human problems. As we become aware of this, we begin to realize the enormous cost to the individual, to families and to society in terms of pain and suffering. We have neglected the healing of grief.

It is essential to a grieving person to have at least one person who will actually give them permission to grieve. Some people can turn to a friend or to a family member. Others find a support group helpful because it allows a person to be who he/she need to be while they work through their grief.

Dealing appropriately with grief is important in order to preserve healthy individuals and nurturing families, and to avoid destroying a person's body, psyche, marriage and relationships. You can postpone grief, but you cannot avoid it. As other stresses come along, one becomes less able to cope when there are other unresolved grief issues.

It requires a great deal of energy to avoid grief and robs one of energy for creative expression in relating to other people and in living a fulfilling life. It limits one's life potential. Suppressing grief keeps you in a continual state of distress and shock, unable to move from it. Our body feels the effects of it in physical ailments. Our emotional life also suffers. Our spiritual life suffers. When this occurs, we often hear it said that the person is "stuck in grief."

When a person faces their grief, allows their feelings to flow, speaks of their grief and allows its expression, their focus moves from death and dying to promoting life and living. This is normal and okay! It is part of the grieving process.

• Recommended book "Suicide Survivors"- A guide for those left behind by Adina Wobbles

March Elder's Meal

	GOI O IVICALI
Mon., 3 -	Pizza
Wed., 5 -	Pork Chops
Thurs., 6 -	Sloppy Joes
Mon., 10 -	Baked Potato Bar with Chili
Wed., 12 -	Salmon
Thurs., 13 -	BBQ Baked Chicken
Mon., 17 - Wed.,19 - Thurs., 20 -	(St. Pats' Day) Corned Beef Tuna Melt Chalupa
Mon., 24 -	Baked Fish
Wed., 26 -	Elk Stew
Thurs., 27 -	Indian Tacos
Mon., 31 -	Beef & Vegetable Soup &

Sandwich Bar

Menu subject to change



Health & Human Services -



Living Fit!
Imagine strength, vitality and energy. Believe you can do it. Discover a healthier, new you.

WHAT:

Healthy Lifestyle Fitness Coaching Workshop

WHEN:

Tuesday, March 11

TIME: Noon

PLACE:

Health Promotions Building

Creating Healthy Lifestyle Habits

- If you want to be healthy, you have to be fit. It's all within your grasp - longer life, more energy, improved health and a sense of well-being. The key is clearly defined fitness goals, moderation, consistency and motivation. Discover your barriers and strategize your way to success - Living Fit - at every age! Join us for this brown bag lunch, and come away with ideas on how to bring fitness into your life, setting realistic fitness goals you can easily attain. This workshop is part of the Squaxin Island Healthiest Tribe Project. Everyone is welcome to attend.

The Healthiest Tribe Project is part of a grant received from the Washington Health Foundation, and has served several tribal members since October, 2007. These participants have attended a strength training class twice a week and have enjoyed the benefits of getting stronger, gaining more energy and losing weight. If you are interested in being part of this class, please contact Janita Johnson (360)432-3972 or Patty Suskin (360)432 3929 for more information. Class meets on Tuesday and Friday, from 3 - 5 p.m. and will run through April. We are hoping to obtain an additional grant to keep the program going through the end of the year.

Upcoming Health Events

DIABETES SUPPORT GROUP

Monday, March 17, 12:45 to 2:15 At Health Promotions Topic: Healthy Eating and Diabetes

BRIEF COMMUNITY WALK

Every Thursday at 12:40 p.m. Meet at the Elder's Building after senior lunch

COMMUNITY HEALTH WALK

Thursday, March 20th Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention! Help us win the Walking Stick! The Tribe with the most walkers each month wins the walking stick for that month. We won it in July . . . can we get it back in March.?

MAMMOGRAMS WOMEN'S HEALTH EXAMS

March 13 & 27 9:00 a.m. - 3:00 p.m. Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

LIFESTYLE BALANCE **PROGRAM**

If you are Native American and over 18, you may qualify to participate in this 16week workshop to improve your health by changing nutrition and activity.

HEALTH PROMOTIONS

We have exercise videos (Sit & Be Fit, Yoga, Walk Away the Pounds & more) You can come & use them in the building across from the clinic. Work out alone, with us, or with a group

FITNESS COACHING WORKSHOP

Tuesday, March 11th Health Promotions Building at noon Bring your lunch, listen & learn how to start getting fit! (Part of the Squaxin Island Healthiest Tribes Project)

FREE PILATES CLASSES

Community members welcome Mondays and Wednesdays 4 - 5:00 p.m.at the Health Promotions

WANT A GARDEN IN YOUR YARD?

Are you low income? Do you live on the REZ? Contact Patty Suskin to get on the waiting list to have a garden placed in your yard for FREE

LINE DANCING

Wednesdays & Fridays at noon in the gym \$2 donation

Questions? Contact Patty Suskin @ 432-3929 Janita Johnson @ 432-3972

Congratulations Raffle Winners



Christina Shea Dec. Women's Health



Kathy Hatch Feb. Mammogram



Ila Ball Jan. Women's Health

Transportation Planning -



New Address?

Keep the tribal organization informed on your mailing address. This is important for all mailings such as the newsletter, bulk mail, casino mailouts and PER CAPITA CHECKS. We must have current mailing addresses posted on Klah-Che-Min newsletters or we get charged to have them returned. Please contact Misti D. Saenz-Garcia (360) 432-3893 or email msg@squaxin. nsn.us Thank you so much for your cooperation!

Transportation Planning Update

Thanks to the 63 survey respondents who provided valuable input about transportation and transit priorities, concerns/problems, and solutions. Of the 63 respondents, 37 respondents took the Survey Monkey (web-based) survey and 26 respondents took the standard (paper) survey.

Below is an initial ranking of respondent priorities. The ranking was close in the middle section of the list.

- 1. Roads/bridges
- 1. Natural/cultural resources
- 2. Street/pathway lights
- 3. Traffic safety, law enforcement
- 4. Bike/pedestrian trails
- 4. Economic development, jobs, tourism
- 5. Transit buses, vans, shelters
- 5. Emergency management
- 6. Striping, markers, signs
- 7. Trucks and freight
- 8. Off-Road Vehicle (ORV) trails



Most (92%) of the respondents were Squaxin Island Tribe employees. Less than half (40%) were Squaxin Island Tribal members. 44% of the respondents live less than 15 miles from the reservation. Around 60% of the respondents had not tried transit or Squaxin Transit.

Below are respondent comments about "concerns/problems regarding transportation needs for the Squaxin Island Tribe":

- Roads. Better roads (2), improve Old Olympic Highway from Bloomfield Rd to SR101 by Kennedy Creek.
- Bike/Pedestrian. Sidewalks for kids, bike/ped trails for youth and adults (2), get children off the streets.
- **Lights.** Lighting for kids, street lights (3).
- **Signage, striping.** "Kids at play" signs around playgrounds, crosswalk striping, crosswalk signs for kids, lighted crosswalks for kids, better building signage.
- Transit. On-call service, night service for Little Creek Casino Resort employees and others (2), weekend service, awareness of schedule (2), better connections between Squaxin Transit and other transit services (4), better out-of-area connections, invest in more capacity for better service, more/better service to West Olympia, transit service for Shelton students, more/better routes, more/better shelters, improve mechanical reliability of buses, meet the needs of the people who don't have transportation, more transit for appointments, more buses, 20-25 passenger bus, provide late-night transit service or other transportation alternative for casino/resort employees, improve use ability of transit service, transit service for children missing the school bus, transit stop signs, transportation for Child Development Center kids, transit service from Steamboat Island trust land, elder/disability transportation.
- Traffic safety, law enforcement. Find funding for more law enforcement.
- Other. Complete transportation plans to be eligible for more grants, adequate capacity, planning as a priority (2), more surveying and community input (5), more transportation funding/grants (3), pro vide a transportation planning information/educational booth at the General Body meeting.

Thanks again to everyone who submitted a survey. Respondents who provided their name and phone are eligible for the raffle prize. The raffle winner will be announced in the April Klah-Che-Min along with more survey analysis, feedback, and respondent comments.

Thanks to Planner Penni Giles who is helping administer and analyze the survey. For any questions about the Squaxin Island Tribe's long-range transportation planning project and transit plan project, please contact Planner Lynn Scroggins at (360) 432-3952.

Happy Birthday to My Special Mother, Sue Henry, March 11, Love, Misti

Happy Birthday David Josiah Love, Mom and Sisters

Happy Birthday Bird 17th Love, Mom, Brother and Sisters

Happy Belated Birthday JC in Florida!!! "Indian Time" Love, Mom

Happy 4th Birthday Benjamin Love, Daddy, Mommy, Grandpa Conrad, Grandma Liz and Brother

Happy 5th Birthday Sara Maria Love, Daddy, Mommy, Grandpa Conrad, Grandma Liz, Brother and Sister

One Shot Andy
Vince
Vicki





Welcome Keona Anahoi Cooper-Lewis



Born to Missy Cooper-Lewis
Jan. 23, 2008
7lbs. 11oz.
Keona means "A gracious gift from
God," a Hawaiian name.
Anahoi meaning "Little Bear" in Warm
Springs language.
It was given by an Elder,
Ken Smith from Warm Springs.

Welcome Eileen Bello



Born to Viola and Marino Bello Tuesday, February 05, 2008 6 pounds, 13 ounces Length: 18.7 inches

Happy Birthday to My Sisters
Christina and Angie
You're the Best!!!
Love, Ruthie, Billie Marie,
Jordan and Family

Happy Birthday Adolfo Douglas March 4th Love, Aunt Misti and the Whole Family

> Happy Birthday Krissa March 11 Love, Misti

Happy Birthday My Oldest Friend Leslie Rae Peterson (VanBrunt) March 15 Bet You Thought I Forgot Huh? Love, Misti

> Happy Birthday Douglas Love, Connie-Mom

Belated Best Wishes to My Cousins
Lydia February 4th
and Shannon February 5th
....OKIDOKI
LOTS-A-LOVE
Misti Dawn Saenz

Happy Birthday Mom I Miss You! Love Always Bear

To My Cousin Levi Connally Wherever You Are, I Hope You're Good. I Think of You Often Love, Connie

> Connie McFarlane #755845 L-C-13 9601 Bujacich Rd NW Gig Harbor, WA 98332

Happy Birthday Marjorie!!!



Love, Mom

Welcome to My New Nephew,
Anthony Pinon,
Born February 5th
8lbs. and 19.5 inches
Born to Susan McFarlane
and Jeffery Pinon
- Misti

Happy Belated 15th Birthday Miguel Saenz-Garcia Love, Mom, Dad and the Whole Family

Happy Belated Birthday Shawnell Lynn McFarlane 1/22 Love, Aunt Misti and the Whole Family

Best 15th Birthday Wishes
Brittany Faye
March 28
Love, Aunt Misti and the Whole Family

Happy Birthday Brat Girl Love, Mom

Building a Better Barge

Port Townsend Herald - "It's a beautiful craft," said resource technician Dave George Krise of the Squaxin Island Tribe as the Travelift approached to hoist the tribe's new barge from the shipyard to the boat haven.

With the boat at the dock, still suspended over the water, Jay Brevik, president of Lee Shore Boats Inc., stood at her bow with a bottle of champagne.

"I got the privilege of breaking the champagne bottle," said Brevik, since Krise had already ceremonially blessed it with burnt sage in the Native American tradition.

Both traditions welcomed Lee Shore Boats' first aluminum barge.

Brevik says that this project is a significant departure. Lee Shore Boats specializes in conventional mono-hulled boats. "We're very proud of the quality. Everyone is just marveling that we can build a boat like this from aluminum."

With design work by David Vohs and construction by Jim Carson and Dan Margolis, the boat has been called "a work of art." Brevik says "the way it's designed internally keeps all the structure fair and true and smooth."

"Aluminum is more forgiving in the saltwater than steel," said Will Henderson, enhancement manager of the Squaxin Island Tribe's natural resource department. Aluminum won't rust, so it will need little if any maintenance. Also it's lighter, making the boats faster and easier to transport.

With a fully equipped wheelhouse, and powered by twin 225-horsepower outboards, the 43-by-15-foot barge, when empty, should run at 25 knots.

The Squaxin Island Tribe "had seen one of our shellfish boats in south Puget Sound and were very impressed and contacted us," Brevik said.

The Port Townsend firm won the bid, and it took three months to complete.

"I'll drive this baby straight into the Sea Farm," Krise said, using the former name of South Sound Net Pens, where the barge will be used for a salmon enhancement program in tribal waters, deep in south Puget Sound.

The tribe will add two 2,200-gallon tanks, each 10 feet in diameter by 5 feet tall, to transport coho salmon from a hatchery to a net pen operation at Peale Passage, where they will be fed as smolts for four months and then released in May or June.

The goal of the fishery project is for most of the coho to make it to the Strait of Juan de Fuca and into the ocean, where they will spend 14 to 16 months before returning to south Sound. There, they will be available to fishermen in the fall.

"It benefits everybody," Will said. The salmon will be there for "tribal fishing, subsistence fishing and commercial fishing."

The barge can also be used for shellfish propagation and harvesting as well as predator netting.

As for Lee Shore Boats, business is good. Brevik bought the shop about two years ago. Formerly Lee Shore Marine, the business has been around for 25 years.

"We offer a unique product. We're one of the last small custom aluminum shops. Most boat builders have either gone into a production mode and produce cookie-cutter boats or are attached to the government teat and are building patrol boats or homeland security boats. We build commercial fishing boats and recreational boats.

"We're growing in leaps and bounds," continued Brevik. "We're enlarging our building. We're hiring new people. We've got orders for most of 2008 already."

The boat shop's next project is a boat for an environmental firm in California, where it will be used for water sampling in the bays and estuaries.

